





Burnout Syndrome

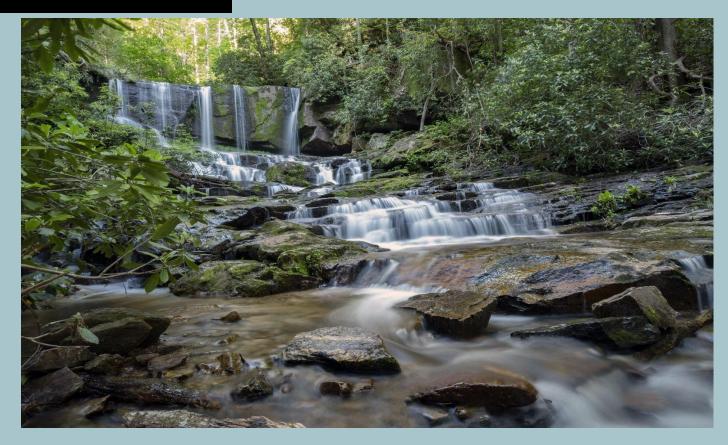


Chronic stress that goes unmanaged



Three R's of burnout

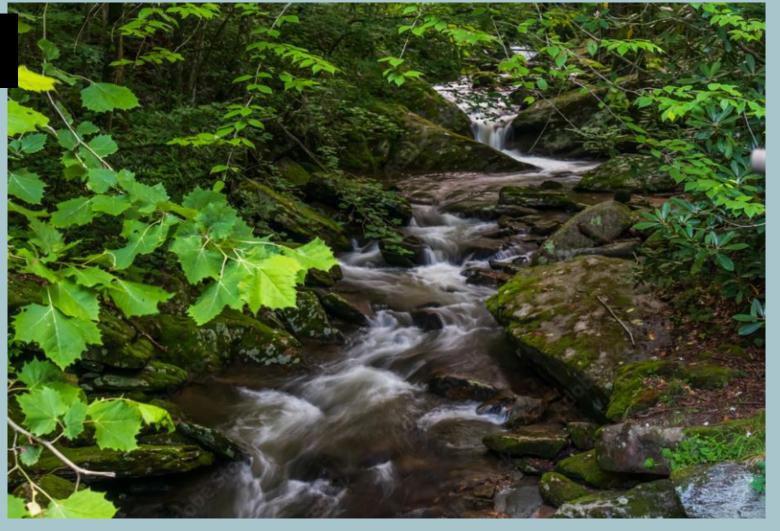
recovery



- Recognize watch for warning signs and assess your needs
- Reverse seek support, manage stress, and ask for help
- Resilience take care of yourself physically and emotionally



Finding your flow



Journaling

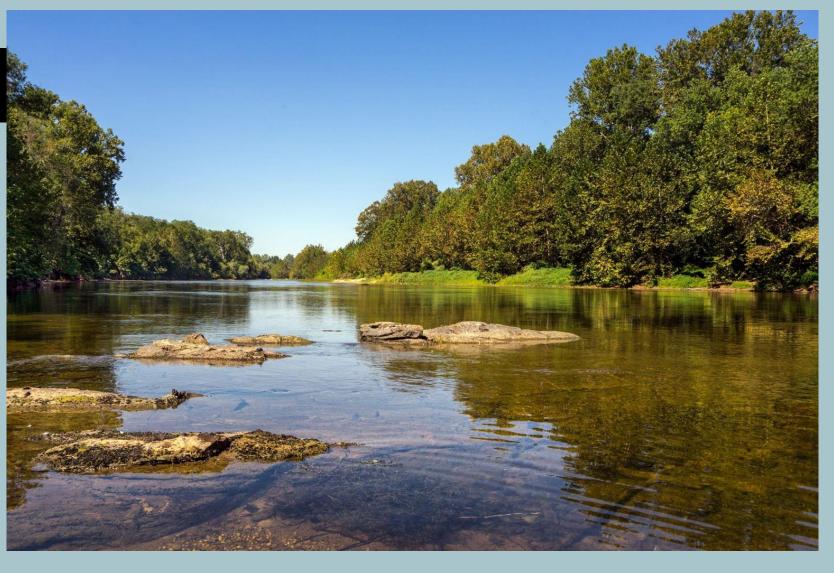
Organizing our home, workspace, and thoughts
Connecting with those we trust
Creating a routine that provides stability and consistency

Journal well



Journaling can help you see your thoughts more clearly and notice patterns.

Flexibility to Adapt



Allow yourself to experience strong emotions but don't let them get the best of you

Simplify for enjoyment



Reduce both visual and mental clutter.



Seek and give

support



Actively work against loneliness and isolation by orienting to others.



Manage stress

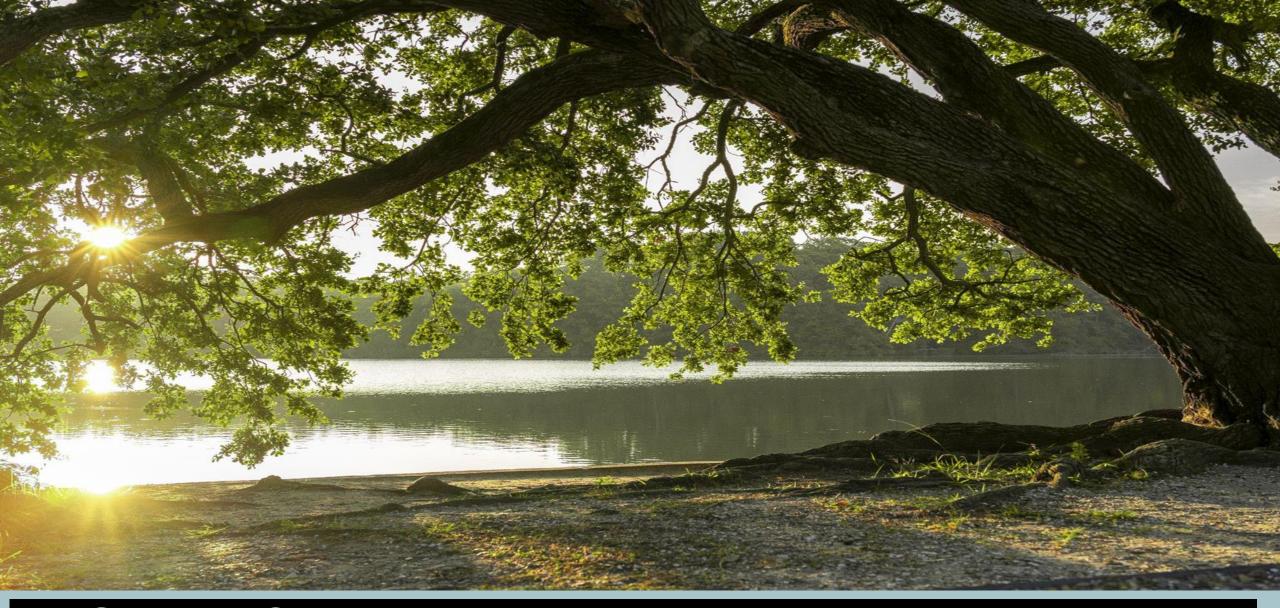


Trust that you can adapt to life's challenges.

Ask for help

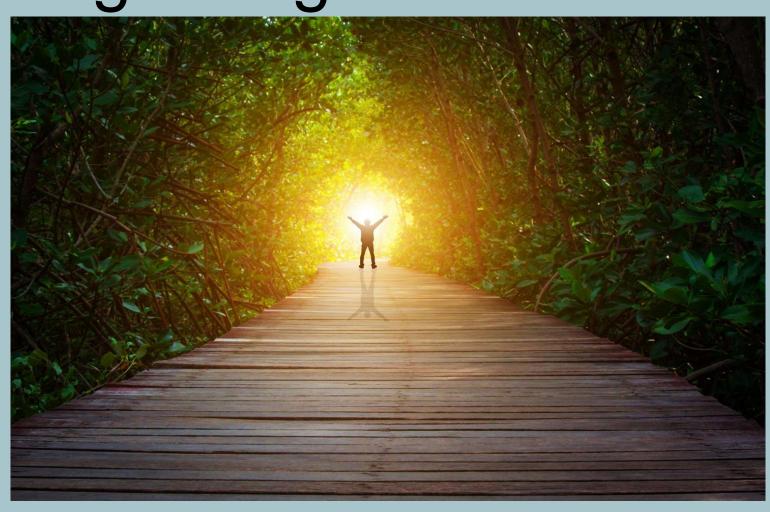


Allow others the opportunity to be of service to you.



RESILIENCE- an ability to recover from or adjust easily to misfortune or change - Merriam Webster Dictionary

Your track record for getting through tough times is 100%



Find meaning & purpose



"When we are not able to change a situation, we are challenged to change ourselves." Viktor Frankl

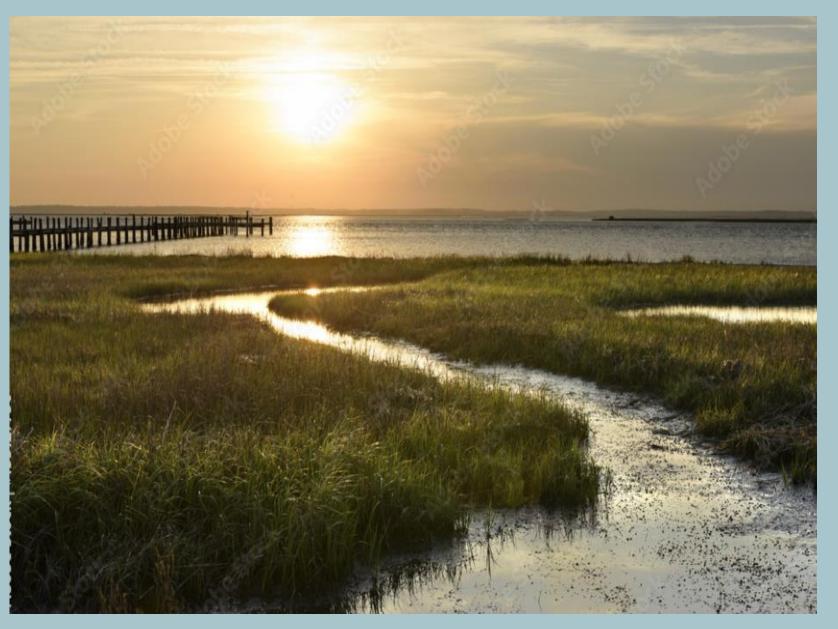
Choose optimism

Choose not to be harmed and you won't feel harmed. Don't feel harmed and you haven't been." -Marcus Aurelius

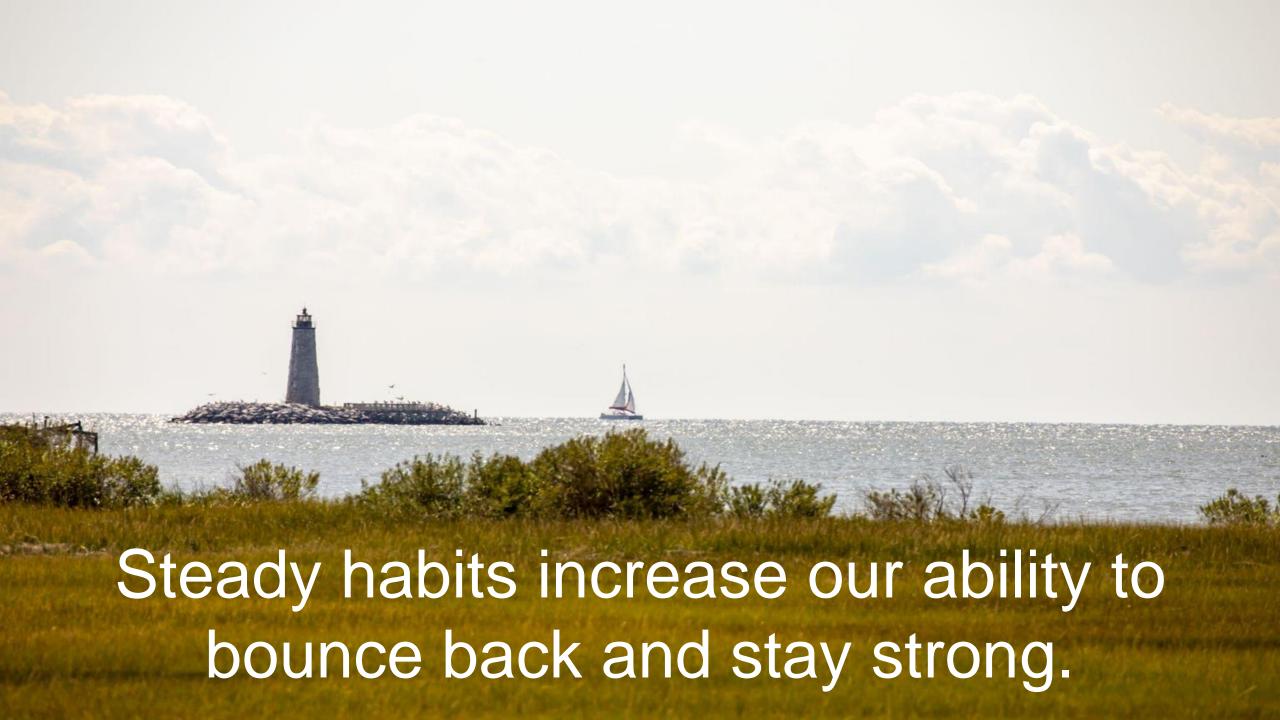


Cultivate positivity and spread it around. This has lasting effects on your life.

Group reflection



Expand your understanding of yourself.



Resources

COVA Care and COVA HDHP: 855-223-9277 or www.AnthemEAP.com,

(Company Name: Commonwealth of Virginia)

COVA HealthAware: 888-238-6232 or www.mylifevalues.com (Password:

COVA)

Kaiser Permanente HMO: 866-517-7042 or

www.achievesolutions.net/kaiser

Optima Health Vantage HMO: 866-846-2682 or

www.optimahealth.com/cova

